

FOOD AND NUTRITION SERVICES NORFOLK PUBLIC SCHOOL

ELEMENTARY SCHOOL LUNCH MENU FEBRUARY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mr. Rib Corn Pineapple Ch. chip cookie	2. Sloppy Jo Green beans Lettuce Apple slices 	3 Chick noodle soup/crackers Hash browns Cheese stick pears	4 Ch. fry stk./bun Peas Peaches Chocolate cake	5 Hamburger Baked beans Applesauce Van. pudding
8 Chick. sandwich Green beans Pineapple Valentine cookie	9 Hot dog Corn Apple slices Cheetos	10 Chili Peaches Cinnamon rolls Crackers	11 K-5 early dismissal No lunch	12 K-12 No School
15 Cheeseburger Corn peaches oranges 	16 Nachos Lettuce Mixed fruit brownies 	17 Pancake/egg Yogurt Pears Apple slices ASH WEDNESDAY	18 Pork sandwich Peas Applesauce Trail mix	19 Cheese pizza Mixed veggies Pineapple Jello
22 Hot dog Green beans Pears Cheetos	23 Burrito/chili Corn Peaches Sugar cookie	24 K-12 early dismissal No lunch	25 Chicken fajita Lettuce Applesauce Choc. pudding	26 Italian dunker Peas Pineapple Coffee cake

Menu is subject to change without notice.

FEBRUARY NOTES

February Monthly Events
 American Heart Month;
 Library Lovers' Month;
 Black History Month; **Cherry**
 Month; Snack Food Month;
 Children's Dental Health
 Month; Sweet Potato Month
 Feb 1...Nat'l Freedom Day;
 Robinson Crusoe Day
 Feb 2...Groundhog Day
 Feb 4...Happy Birthday
 Charles Lindbergh
Feb 5...Wear Red day
 Feb 8...Boy Scout Day
 Feb 11...Thomas Edison's
 Birthday
 Feb 12...Abraham Lincoln's
 Birthday
Feb 14...Valentine's Day;
 Ferris wheel Day; Chinese
 New Year Begins
 Feb 15...President's Day
Feb 16...Mardi Gras
 Feb 17...Ash Wednesday
 Feb 22...Washington's
 Birthday
 Feb 25...Nat'l Chili Day

February is American Heart
 Month. Each and every day
 should be "heart" day to
 remind you to eat right and
 get plenty of exercise for
 you to have a healthy heart.

It is alright to enjoy
 Valentine's Day with a little
 chocolate...chocolate's
 good. Just do it in
 moderation as you would all
 foods.

Winter is almost
 over...yeah! Snow, snow,
 go away...bring in the sun
 and flowers.

Come join your child for
 lunch this month. It's always
 a special day when you do!
 Questions/concerns call
 Lanette Stoffel @ 644-2980.

Milk is offered daily.
 2% white
 Skim Chocolate
 Skim White

"I'm raising my hand for chocolate milk."

Milk provides nutrients essential for good health and kids will drink more when it's flavored. Flavored milk contains the same nine essential nutrients as white milk and is a healthful alternative to soft drinks. Drinking low-fat or fat free white or flavored milk helps kids get the 3 daily servings of milk recommended by the Dietary Guidelines for Americans, and provides 3 of the 5 "nutrients of concern" that children do not get enough of: calcium, potassium and magnesium as well as vitamin D. Children who drink flavored milk meet more of their nutrient needs; do not consume more added sugar, fat or calories; and are not heavier than non-milk drinkers.

Low-fat chocolate milk is the most popular milk choice in schools and kids drink less milk (and get fewer nutrients) if it's taken away.

"I'm raising my hand for chocolate milk."

**ELEMENTARY
 PRICES**
BREAKFAST
 Reduced \$.30
 Paid \$.80
LUNCH
 Reduced \$.40
 Paid \$2.25
 Adult \$3.00

Milk offered
 daily with
 meal
 \$.40



FOOD AND NUTRITION SERVICES NORFOLK PUBLIC SCHOOL

ELEMENTARY SCHOOL LUNCH MENU MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MR. RIB Corn Peaches Vanilla pudding	2 SLOPPY JO Green beans Orange slices White cake	3 CHICK TENDERS Potatoes/gravy Peaches Dinner roll	4 FIESTADA PIZZA Lettuce Mixed fruit RICE KRISPIES bar	5 PRETZEL/CHEESE Corn Pineapple Choc. chip cookie
8 HAMBURGER Corn Pears Fritos	9 HOT DOG Green beans Pineapple Apple slices	10  CHILI Peaches crackers Cinnamon roll	11 K-5 early dismissal No lunch	12 MARCH BREAK NO SCHOOL
15 BURRITO/CHILI Corn Pineapple Oreos	16 MINI CORNDOGS Green beans Apple slices Yogurt	17 SPAGHETTI BAKE lettuce Peaches J-ELLO Sugar cookie	18 CHICKEN SAND. Baked beans Mixed fruit Doritos	19 CHEESE PIZZA Mixed veggies Applesauce Brownies
22 CHEESEBURGER Green beans Pears Orange slices	23 PEPP PIZZA peas Fruit crisp Baby carrots	24 CH FRIED STEAK Potatoes/gravy Peaches Dinner roll	25 CHICK FAJITA Lettuce Pineapple Coffee cake	26 FR TST/EGG Apple slices Yogurt Baby carrots
29 HOT DOG Baked beans Pineapple Kids mix	30 CR TURKEY/pot. Peaches Dinner roll Cake EASTER DINNER	31 Spring Break NO SCHOOL School Resumes APRIL 6		

MARCH NOTES

March Monthly Events

Irish-American Heritage Month; Music in Our Schools Month; Frozen Foods Month; **Nutrition Month**; Peanut Month; American Red Cross Month; Women's History Month; Poison Prevention Awareness Month; Youth Art Month

Mar 3-23...National School Breakfast Week

Mar 21-27...American Chocolate Week

Mar 2...Read Across America Day; Happy Birthday Dr. Seuss; Peace Corps Day
Mar 3...Happy Birthday Alexander Graham Bell;

National Anthem Day

Mar 4...National Grammar day

Mar 6...Happy Birthday Michelangelo

Mar 10...Telephone Anniversary

Mar 11...Johnny Appleseed day

Mar 12...Girl Scouts of America Anniversary

Mar 14...Daylight Savings Time Begins

Mar 15...Ides of March

Mar 17...St. Patrick's Day

Mar 20...National Ag Day;

Spring Begins

Mar 22...World Day for Water

Mar 28...Palm Sunday

ELEMENTARY PRICES

BREAKFAST

Reduced \$.30

Paid \$.80

LUNCH

Reduced \$.40

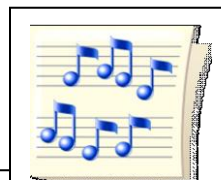
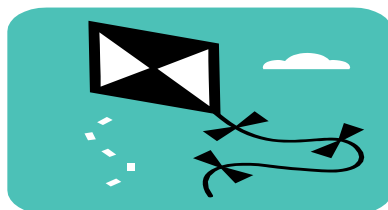
Paid \$2.25

Adult \$3.00

Milk offered daily with meal or \$.40

Norfolk Public Schools Food and Nutrition Department offers healthy meals daily. Each and every meal, when averaged over a week, provides your child with 1/3 of the Recommended Daily Allowance (RDA) for lunch and 1/4 of the RDA's for breakfast, according to the current Dietary Guidelines for Americans.

We purchase foods made with whole-wheat flour, reduced fat from all the entrees, and canned fruit packed in natural juice or light syrup. Fresh fruit is offered along with reduced fat, low fat and skim milk. We strive to reduce sodium when possible. If your child has a food allergy, let us know. We enjoy seeing all the happy faces coming through the lunch line, but a student without money is not a happy one. Please monitor your student's account to ensure happy faces!



Music In Our School Month

Call with any questions/concerns or for balances on your child's account. Lanette Stoffel
644-2980
lstoffel@npsne.org

FOOD AND NUTRITION SERVICES NORFOLK PUBLIC SCHOOL

SECONDARY SCHOOL LUNCH MENU FEBRUARY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SUB SALAD GR. CHICK SAND MR. RIB Lettuce corn Pineapple c.c. cookie	 2 SUB SALAD PIZZA SLOPPY JO Lettuce gr beans Mix fruit apples	3 SUB SALAD CORNDOG CH NOODLE SOUP Lettuce crackers Hash browns pears	4 SUB SALAD PIZZA CHICK WRAP Lettuce peas Peaches Chocolate cake	5 SUB SALAD CH FRY STK/BUN HAMBURGER Lettuce fries Applesauce Vanilla pudding
8 SUB SALAD CHICK SAND. MR. RIB Lettuce gr. beans Pineapple Valentine cookie	9 SUB SALAD PIZZA HOT DOG Lettuce corn Apple slices chips	10 SUB SALAD CORNDOG CHILI Lettuce rolls Peaches crackers	11 SUB SALAD PIZZA FRENCH DIP Lettuce corn Mixed fruit Fruit turnovers	12 K-12 No school
15 SUB SALAD CHEESEBURGER BURRITO/CHILI Lettuce corn Peaches oranges	16 SUB SALAD PIZZA NACHOS Lettuce gr beans Mix fruit brownies  Mardi Gras begins	17 SUB SALAD BREAKFAST CORNDOG Lettuce cole slaw Apple slices Yogurt	18 SUB SALAD PIZZA CHICK WRAP Lettuce peas Applesauce Oreos	19 SUB SALAD FISH SAND. SLOPPY JO Lettuce Mixed veggies Pineapple jello
22 SUB SALAD HAMBURGER HOTDOG Lettuce gr beans Pears chips 	23 SUB SALAD PIZZA MR RIB Lettuce corn Peaches Sugar cookie	24 K-12 early dismissal No lunch	25 SUB SALAD PIZZA CHICK FAJITA Lettuce corn Applesauce Pudding	26 SUB SALAD MAC/CHEESE SLOPPY JO Lettuce fries Pineapple Coffee cake

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Robinson Crusoe Day

Feb 2...Groundhog Day

Feb 4...Happy Birthday

Charles Lindbergh

Feb 5...Wear Red day

Feb 8...Boy Scout Day

Feb 11...Thomas Edison's Birthday

Feb 12...Abraham Lincoln's Birthday

Feb 14...Valentine's Day;

Ferris wheel Day; Chinese

New Year Begins

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Feb 17...Ash Wednesday

Feb 22...Washington's Birthday

Feb 25...Nat'l Chili Day

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remind you to eat right and get plenty of exercise for you to

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Day with a little chocolate...chocolate's good.

Just do it in moderation as you would all foods.

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8 SUB SALAD CH FRY SAND. HAMBURGER Lettuce Corn Pears J-ELLO	9 SUB SALAD HOT DOG PIZZA Lettuce gr. beans Pineapple Apple slices	10 SUB SALAD HAM/CH SAND. CHILI Lettuce peaches Cinnamon roll crackers	11 SUB SALADS PIZZA FRENCH DIP Lettuce Coleslaw Mixed fruit cookie	12 MARCH BREAK NO SCHOOL
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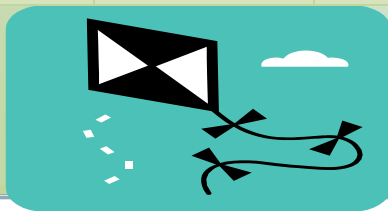
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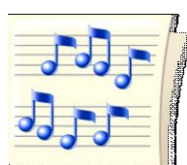
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